

STUDENT LIFE

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I-64 construction troubles local businesses



A 12-mile stretch of highway I-64 will soon undergo construction. The Missouri Department of Transportation held a conference at the University to discuss the effects of the project.

BY PUNEET KOLLIPARA
CONTRIBUTING REPORTER

A recent forum on the impending Interstate-64 construction hashed out the economic impacts, leaving attendees with just as many questions as answers.

Co-hosted by Washington University's Weinbaum Center and the Missouri Department of Transportation last Friday, the forum looked at the potential problems that can accompany transportation improvements.

The Missouri Department of Transportation (MO-DOT) has slated approximately 12 miles of the interstate running westward from St. Louis for complete reconstruction. Estimated at \$335 million, the four-year undertaking is MO-DOT's most expensive highway project in its history, according to leadoff speaker Peter Rahn, director of MO-DOT.

Other speakers were St. Louis county councilman Kurt Odewald, transportation expert and professor Genevieve Giuliano of the University of Southern California and Associate Director of the Weinbaum Center Paul Rothstein.

The presentations covered

issues pertaining to I-64's reconstruction and its effects, including short- and long-term regional economic impact, effects on traffic congestion in smaller roads, delivery systems and the project's financing.

According to Rahn, the reconstruction project is necessary because "the road was never designed for the volume of traffic we see today." Daily traffic volumes on the road range from 150,000 to 200,000 cars per day, much higher than when the route was first built.

Rahn also cited deteriorating bridges, heavy traffic congestion, an absence of dedicated exit lanes, minimal shoulders and the poor quality of interchanges as reasons for the project.

Once the project is complete, drivers can expect less congestion and increased convenience in reaching destinations. Additionally, according to Giuliano, the project has the potential to usher in long-run regional economic growth because of increased business accessibility.

Rahn noted that because I-64 is St. Louis' "Main Street," there is the potential for short-term negative impacts, including increased congestion on smaller

roads and inconvenience to travelers, potential revenue reductions to nearby businesses and reduced sales tax revenues.

"We will be doing everything we can to mitigate the negative impacts that this project will have," said Rahn. "But we cannot eliminate those negative impacts."

Rahn said that MO-DOT hopes to improve traffic signals on alternative routes and add lanes to parallel-running I-70 and I-44 by re-striping them. The recently completed MetroLink extensions will provide extra relief, according to Odewald. The MetroLink extensions reach many of the same locations as I-64.

A few residents and local businessmen questioned the ability of MO-DOT to stick with its \$335 million project budget. Rahn confidently responded that MO-DOT would stick to the budget. He added that money would come out of other projects in the event that this project went over budget.

Others asked about incentives for people to use public transportation, the economic impact on area businesses, traffic re-routing and the order in which sections of the highway

would be reconstructed.

Some questioned economic impact of the project. Richmond Heights, home of the Galleria shopping center, is expected to be the hardest hit town, with projected sales tax losses of around 20 percent and reduced business revenues. The project is not expected to harm other I-64 corridor towns as severely.

Yet many questions remained unresolved, as Rahn explained that answers would only be available after the two design-build teams submit their project proposals in October.

The construction inconveniences may extend to the University community. According to Odewald, many students may wish to use the new MetroLink station on campus as an alternative to driving on I-64. With the new U-Pass system, students can use the MetroLink at no cost.

Odewald described the long run as "very critical," particularly because of the many choke points on I-64 are frequently clogged. Without the construction project, he added, the choke points could be "devastating to inner suburban areas where the University's" by reducing the area's accessibility.

Undergraduates sweep IdeaBounce competition

BY TROY RUMANS
NEWS EDITOR

Nobody likes looking for a place to park. That's why freshman Benjamin Sann wants to help ease the headache of finding parking in crowded metro areas with his business, NYCages.com. This first of its kind service maps parking locations and rates for motorists throughout the congested streets of Manhattan.

Sann joined four other winners at the IdeaBounce competition last Thursday. Two other undergraduate groups were also chosen at the competition, making it the best performance by University undergrads to date.

"I think it's a big deal because

we had 16 total [enter the competition], so 10 entrepreneurs for the community that are really working hard on their business, then two advanced degree students and four undergrads, and three of the undergrads won. I thought it just shows the quality of thought and energy that our students have," said Kenneth Harrington, the managing director of the Skandalaris Center for Entrepreneurial Studies, which sponsored the event.

The other two winners from the University are Lauren Kaplan, a senior from the Business School, and Dore Vrabac, a senior in the Business and Engineering schools.

"It's usually reasonably balanced between students and

community," said Harrington. "It varies, because the three criteria are really how clearly did they describe their idea, how well did they present their idea, and how well did they express their help."

The purpose of the event is to get these people help."

The IdeaBounce competition acts as a starting point for many would-be entrepreneurs. Students only need an idea to be able to participate and receive feedback from judges. Winners gain access to a large variety of community members that can help turn their idea into reality.

We usually have 125-150 people in the audience. There's

See IDEABOUNCE, page 4

ONCE MORE INTO THE BREACH, DEAR FRIENDS!



Sophomore Ben Mudd parties a blow from another champagne-cad Belegarth is part on a makeshift battlefield in front of Legation House on Sunday. Belegarth is a medieval combat society that stages mock battles with foam weapons and shields. The society, established in 1975 by a Tolkien aficionado, has a network of guilds and realms nationwide.

Conference on Nuremberg trials examines international issues

BY MAREY LEVINSOHN
STAFF REPORTER

Oct. 1 marks the 60th anniversary of the decisions made at the Nuremberg trials, which indicted Nazi officers after the Holocaust. Washington University is marking the anniversary with a three-day conference entitled "Judgment at Nuremberg."

"The Nuremberg trials were the most important international criminal trials ever to take place," said Larry May, professor of philosophy and main coordinator for the event. "They took place after the end of the Second World War and in the main trial, Hitler's top associates were put on trial, including the head of the Navy and Army."

Sophomore Ariela Schmidt, president of the Chabad Student Association, also felt its importance resonated in this day.

The Nuremberg trials were only one aspect of the world

response. They were an important way in which the Jews were to move on from such a terrible and horrific experience," said Schmidt.

Some of the speakers and panel members participating in the three-day event include University and visiting professors, Senator Christopher Dodd and former prosecutors in the Nuremberg trials.

One of the former prosecutors participating in the conference is Whitney B. Harris, the namesake of the University's Institute for Global Legal Studies. According to May, Harris still lives in St. Louis and practices law.

The planning for the event began about a year ago with contributions from both law and philosophy professors, as well as many others. As such, the discussions will incorporate different schools of thought in looking back on the trials.

"We've been planning it for

almost a year and there are two different groups working on it," said May. "The first day will be a mixture of philosophy and law professors who will talk about the legacy of the trials by looking at the three crimes against humanities."

Although the trials happened over half a century ago, its effects and importance have great resonance in the international arena today.

"It's been used as a model for trials now, [like] the ones going on in the Hague concerning the ethnic cleansing in Yugoslavia and Rwanda," said May. "It's also used as a model for the International Criminal Court (ICC) which was established just recently and will start hearing cases soon."

Schmidt agrees. "The fact that we're remembering them shows how important of a step it was. The world can use its history as an example for events going on right

now," said Schmidt.

May also explained that the trials are especially relevant right now because of several debates on how to deal with terrorists.

"I guess it's getting a lot more attention because of debates on what sorts of trials should be used for alleged terrorists, and a recent Supreme Court decision that says the original plan [proposed] was not legal," said May. "In a reasonable way it's become kind of a benchmark for how to regard international trials."

Trials that necessitate an international court have not become commonplace until the 1990s, noted May.

The conference will be held from Sept. 29 to Oct. 1. Registration fees for students will be waived, but organizers still encourage students to register if they plan on attending. The discussions will be held in the Bryan Cave Courtroom in Anheuser-Busch Hall.

Freshman Class Election Results

President

Jeannette Wong, 196 votes (55.7%)
David Dressner, 149 votes (42%)

Internal VP

Evan Zarider, 196 votes (55%)
Rebecca Forman, 153 votes (43%)

External VP

Nicholas Alexander, 310 votes (95%)
Put Book, 208 votes (60%)

Secretary

D.D. Alexander, 132 votes (38%)

Treasurer

Colin Towery, 172 votes (49.6%)
Jonny Chang, 168 votes (48.4%)

366 total votes cast

WU-00000000-00000000

Soccer: one weekend, nine goals



Women's soccer had a stand out weekend, with a pair of defeats against Westminster and University of St. Thomas. Reporter Arden Fathi has the play by play.

Sports, Page 5

Stepping Out, sushi-style



Our Stepping Out columnists claim to have found the best sushi in St. Louis. Which Central West End restaurant won the prize?

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Local elections 101: house of representatives

This is the last of a three-part series providing students with the scoop on local midterm elections.

BY JACOB GREENBERG
CONTRIBUTING REPORTER

The race for Missouri House representative for the 73rd district is heating up as incumbent Margaret Donnelly (D) and opponent Suzanne O'Sullivan (R) vie to win votes on divisive issues. This house race shares many important issues with the senate race such as the use of contraceptives and abortion.

Donnelly's platform supports medically accurate sexual education programs in public schools beginning at a very early age. She opposed what she refers to as the "sex mis-education act," legislation intended to remove sex-education requirements in schools.

"We need to be basing our decisions on scientific evidence and not on emotion," said Donnelly. "Contraceptives are medication like anything else and is subject to scientific regulatory control."

If contraceptives are scientifically safe, then the medication should be available to anyone who may be sexually active, she said. Donnelly is also a supporter of legalized abortion.

"It is the way in which we make sure it is done safely," she said. However, proper education is the key to preventing unwanted pregnancies and abortions, according to Donnelly.

As a member of both the Appropriations Committee for Mental Health and Social Services and the Budget Committee, Donnelly takes a strong stance on healthcare.

"I have been an outspoken opponent in the last two years of the attempts to cut back [state supported] health insurance for people who don't have any other choice," said Donnelly.

According to Donnelly, there are about 100,000 more uninsured people—many of whom are children, disabled, and the elderly.

"When we don't provide adequate healthcare, all we do is shift the burden to the private sector," she said.

While state government plays a large role in many areas of life, its number one job, according to Donnelly, is to provide a strong public education system.

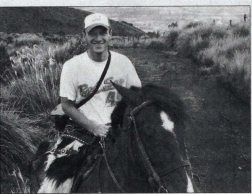
"I think that in my four years, the quality of public education has decreased," said Donnelly. "There is a serious problem with the

government trying to use vouchers and other methods to direct funds away from public schools."

O'Sullivan was untested in her nomination on the Republican side. Neither O'Sullivan nor her campaign office responded to multiple requests for comment.

With the elections in November, O'Sullivan remains without a Web site or completion of the National Political Awareness Test administered by Project Vote Smart. The 73rd District covers Clayton, Brentwood and surrounding neighborhoods.

Alternative employment: working abroad



COURTESY OF DAN ROSEN

Dan Rosen, class of 2005, teaches English in Quito, Ecuador.

BY JOSH GOEBEL
CONTRIBUTING REPORTER

Dan Rosen took a slightly different approach to post-college employment after graduating from Washington University in 2005. He went to Ecuador.

"It is an incredibly stimulating experience that never really gets dull," said Rosen.

Many students aren't clear on what they want to do after college and realize that that time might be their only chance for an experience abroad," said

Robert. The Peace Corps is a popular avenue for students to gain work experience abroad. Matt Elbert, who also graduated in 2005, has been working for the Peace Corps in Ecuador for four months.

"I am a business volunteer, [which] basically consists of small business income generation projects as well as starting community banks," said Elbert.

Reding.

There are a variety of paths that lead to a student choosing to work abroad. Study abroad often serves as a "springboard" for working abroad after graduating.

"When students have a transformative experience abroad, they often return asking, 'How can I go back?'" said Reding.

Correlations are strong between going abroad and certain majors.

"Asian studies, foreign languages and International and Area Studies programs tend to draw students abroad," said Reding. Additionally, the gap year many students take before medical school is often seen as an ideal opportunity.

The Peace Corps is a popular avenue for students to gain work experience abroad. Matt Elbert, who also graduated in 2005, has been working for the Peace Corps in Ecuador for four months.

"I am a business volunteer, [which] basically consists of small business income generation projects as well as starting community banks," said Elbert.

Elbert's abroad experience studying the political economy of Latin America greatly contributed to his decision to join the Peace Corps.

My abroad program... helped

me realize that I could be outside of the U.S. for an elongated period of time without trouble," said Elbert. "I absolutely love it here. It is fantastic."

He is quick to caution that working abroad is not for everyone.

"One needs to decide whether or not living abroad, away from friends, family, a girlfriend or boyfriend is really a possibility."

He also noted that where one ends up, especially when working for the Peace Corps, is largely the luck of the draw.

"I have consistent internet access and cell phone service, but many other volunteers are stuck without either electricity or running water," said Elbert.

Going abroad after graduation is an option for all students, but it is considerably more rare among business school graduates. Sally Pinckard, associate director of Undergraduate Career Advising, attributes this to different goals for students as well as the different landscape of the business field.

"Most business students seek a post-graduation job in business versus teaching or entering the Peace Corps," said Pinckard. "Unless graduates enter a teaching program like English as a Second Language (ESL), it's not easy to get work permits. Most

Olin students who want to work internationally go to work for an international company and work first in the U.S., then get an overseas assignment a few years into their career."

For the Olin School of Business, almost half of all graduates from 2006 began in the Midwest. Thirty-one percent of students went to the Northeast for their entering position, with almost no students going abroad for employment.

Rosen makes it clear that information is especially important when considering working abroad. "Talk to as many people as you can. First hand information about living abroad is so valuable," he said.

In the end, Rosen is very encouraging.

"Do it. Don't be afraid. Now is a perfect time to go abroad."

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Lindsay [17 Aug 2006]08:41pm]

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Weight loss may precede Alzheimer's disease

BY SARA RAJARAM
CONTRIBUTING REPORTER

People normally pride themselves on losing weight, but a new study from the Washington University School of Medicine reports that weight loss among the elderly may be a warning sign that Alzheimer's or other forms of dementia may develop in the future.

David Johnson, a research instructor in neurology at the University's Alzheimer's Disease Research Center, helped track healthy men and women between the ages of 65 and 95

for an average of 6 years to determine how aging affects the brain. Out of the study's 440 participants, 125 of them developed Alzheimer's or another form of dementia during the course of the study.

Those that developed dementia experienced an average weight loss per year of approximately 1.2 pounds, double the average of those without dementia. They also weighed an average of eight pounds less at the start of the study.

The more rapid weight loss affecting individuals with dementia did not begin until the year

prior to their diagnosis. Older adults normally lose an average of 0.6 pounds per year.

"This was a result of diminishing stature and the deterioration of muscle and bone mass," said Johnson. Further research is necessary to understand why those with Alzheimer's lost weight at a higher rate in the year before the disease's onset.

During the study, the patients underwent standard medical tests and a series of neurological exams, including 1.5 to 2

"We studied the combination of family history, memory prob-

lems, changes in hobbies and the ability to function in everyday life. We looked at the patients as being either demented or not demented, and then determined weight loss as a function of disease status," said Johnson.

Researchers did not separate the participants on the basis of how strong their symptoms were; they viewed the disease as "all or nothing," says Johnson.

Therefore, even participants with the mildest symptoms of Alzheimer's exhibited a higher average weight loss during the course of the study. The study's results may allow doctors to de-

tect Alzheimer's early on and begin treatment.

Currently, doctors know of very few indicators of Alzheimer's other than age and the presence of a gene known as APOE-4. However, it is difficult to identify the presence of Alzheimer's on the basis of these factors alone. According to Johnson, "Many of the risk factors of Alzheimer's are the same as those for heart disease and diabetes. Heart health is also preferably brain health."

Nonetheless, researchers still found a relationship between weight loss and dementia even

when factors relating to heart disease were held constant. The study may suggest that weight loss is a more concrete indicator of Alzheimer's.

"We would like to determine the optimal level of percent body fat and the best ratio of muscle to fat," says Johnson when asked about possible follow-up studies relating to Alzheimer's.

Researchers at Washington University are hoping to use the study to pinpoint the precise nature of the link between weight loss and dementia.

Briefs

INTERNATIONAL

Hugo Chavez condemns Bush at the United Nations

Last Wednesday, Hugo Chavez condemned President Bush at the United Nations General Assembly, denouncing Bush as a dictator and comparing him to the devil. The Venezuelan President went on to criticize the Bush administration for its global policies, proclaiming that the United States would "be finished in the near future, for the good of all mankind."

NATIONAL

Yahoo may purchase Facebook for \$1 billion

Facebook.com, the popular student-networking Web site, is negotiating to sell itself to the computer services company Yahoo! Inc. for up to \$1 billion. Facebook, which had previously received offers of \$750 million, still remains the property of its CEO and founder Mark Zuckerberg. Facebook recently announced that individuals not in college or high school will soon be able to create accounts, although the move has drawn criticism from a number of current Facebook users.

LOCAL

Bodies of three children found in washer and dryer

On Saturday night, police discovered the bodies of three young

children stuffed into the washer and dryer in the John DeShields public housing complex in East St. Louis. The mother of the children was found last Thursday in a patch of woods with her fetus torn out of her womb. Twenty-four-year-old Tiffany Hall, a childhood friend of the mother, was charged for the mother's death and for cutting the baby from her womb. She remains the only suspect for all of the deaths.

University of Missouri-Columbia to put free condoms in dorms

The University of Missouri-Columbia will be the first of the schools in the Big 12 Conference to deliver condoms and educational packets to bathrooms in residential halls. The program aims to lower the spread of STDs and will help to lower the threat of unwanted pregnancies.

Abortion law waivers may be enforced

The Illinois Supreme Court issued new rules last Wednesday, allowing the Parental Notice of Abortion Act to be better enforced. Although the Act demands parental notification of abortion for a pregnant minor, minors are able to receive waivers in order to avoid notifying their parents.

UNIVERSITY

New director in medical school named

The Washington University School of Medicine named Daniel Kelly as director of the Division of Cardiovascular Disease last Thursday. Michael Cain formerly held Kelly's position as director of the Division.

IDEABOUNCE ❖ FROM PAGE 1

sort of a gestalt community process where we don't know exactly where the help will come from, but with that many people we feel that you probably have around 30,000 help probabilities around the room given who everybody knows," said Harrington.

Students start by posting their ideas on the Ideabounce Web site, as well as posting each aspect of assistance that they still require, from mentoring to legal assistance to investment. For his business, Sann has been developing his idea since he was 16, when he began hiring help to program the interface for his business. He plans on rolling out the service nationwide as early as next year.

"Coming from New York, an island with 1,000 parking garages, that's something I see in my everyday life. I always think about how to improve and how to capitalize on ordinary, useful events," said Sann.

The eclectic mix of undergraduates that won also turned heads. Last year the University began a heavy concentration of fostering entrepreneurial activities in all disciplines across the school. Harrington noted that this interdisciplinary cooperation has proven invaluable for budding entrepreneurs.

"I think [the diverse disciplines represented] shows...creativity comes from the intersection of different groups. What we try to do as entrepreneurs is to cross different schools, but

also cross degree levels and help people work together. When you do that, ideas move faster," said Harrington.

Toddy Purnomo, president and founder of the Foundation for Undergraduate Studies in Entrepreneurship, feels that this recent success from undergraduates validates the progress the University has made in entrepreneurship.

"The program has already been expanding for a while now, and the concept is no longer a stranger and undergrads have been seeing the events a couple times and are more familiar and willing to step up," said Purnomo. "Hopefully they have found people of the community to better shape their ideas through Ideabounce."

The other two student businesses that won were Kaplan's Essential Accessories and Vriabac's Driveln.com. Kaplan hopes to bring a cuff-like accessory that can be worn on the wrist, hip, arm or ankle and holds essential items such as cash, a credit card and keys. Vriabac's venture will offer movie rentals via streaming video over the internet, including monthly packages for rental habits and one-time rentals. Other winners included a community member's plan to use a thermal camera to detect heat loss in homes in order to make them more energy efficient. The final winner was a St. Louis University professor's project to significantly reduce the cost of DNA testing.

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STUDENT LIFE

SPORTS

Women's soccer dominates weekend games

BY ARDEN FARHI
SPORTS REPORTER

❖ Women's Soccer wins Friday 5-1 against St. Thomas

Neither Mother Nature nor the University of St. Thomas could stop the women's soccer team as the Bears defeated the Tommies, 5-1, after a thunderstorm halted play for almost an hour in the second half.

After a scoreless first period, senior co-captain Meghan Marie Fowler-Finn ignited the Bears offense with a goal in the 49th minute. Junior Kim O'Keefe served a low ball across the face of the goal that found Fowler-Finn on the doorstep for a one-timer. The goal was her fourth of the season and her third in the last two games.

And then the rains came. Play was stopped six minutes into the second half with Wash. U. ahead, 1-0. A game is not official until the 70th minute.

When play resumed on a slick Francis Field, Fowler-Finn nearly added another goal, but her shot ricocheted off the crossbar and was cleared by the St. Thomas defense. Junior Bretta Kennedy pushed the Bears' lead to 2-0 with a goal in the 68th minute, but St. Thomas' Sarah Ralgorod quickly responded, scoring a minute later off a rebound scramble in the box. It was all Wash. U. from there. Senior co-captain Talia Bucci beat St. Thomas goalkeeper Kaisa Erickson to the upper corner on a free kick

from the 20-yard line for her first goal of the season and freshman Caryn Rosoff netted two goals of her own to put the Bears up, 5-1.

Wash. U. outlasted St. Thomas 13-0 in the first half but couldn't put the ball in the net.

"It wasn't that we were playing poorly in the first half, but it took us a while to adjust to their defensive style and the wet turf," said Talia Bucci, who tallied the 10th goal of her career. "There was also added urgency [after the rain delay] since the game could be called after we played 25 minutes in the second half."

St. Thomas stuffed the box with defenders throughout the first period, but the Bears adjusted in the second half by stretching the Tommie defense.

"We moved off the ball better, kept our spacing in the midfield and started playing the ball to feet rather than trying to serve it into the box every time," added Bucci.

For the game, the Bears outshot their opponents 29-4. Carrie Sear picked up another win in goal, although she did not record a save. Backup goalkeeper Amanda Boe played most of the second half, making only one save and allowing the Tommies' lone goal.

❖ Bears shut out Westminster in Saturday's match

The Bears women's soccer team picked up its second



Junior Bretta Kennedy (right) looks on during the women's soccer match against St. Thomas on Friday. The Bears won, 5-1.

win of the weekend, Saturday, dropping an iron curtain on Westminster College, 4-0.

The lady Bears scored three times in the first thirteen minutes of the game and added another goal later in the first half. Going into the game, the Bears had only recorded three first-half goals all season.

Junior Kim O'Keefe got the scoring started early for Wash. U. on an assist from freshman defender Libby Held in the third minute. The assist marked the first of Held's career.

Bucci and junior Abbey Hartmann connected for Hartmann's first goal of the year, putting the Bears ahead 2-0.

Freshman Caryn Rosoff beat Westminster goalkeeper Katie Lyell in the 13th min-

ute, tying her for the team lead for goals at four. But not to be outdone, sophomore Lauren Mehner rounded out the Bears' scoring in the 34th minute for her fourth goal of the year. Meghan Marie Fowler-Finn also has four goals this season.

"Our team is doing a great job of finding the net right now," said Mehner. "Hopefully we can continue that as we start conference [play]."

Goalies Carrie Sear and Amanda Boe combined for the shutout victory.

With the win, the Bears move to 6-2 on the season and 4-2 on the road. They travel to Elmhurst, Ill., to take on Principia College Tuesday night. Conference opponent Emory comes to town next Saturday. Game time is set for 11:30 a.m.

FOOTBALL LOSES 34-15 AGAINST NORTH CENTRAL



Senior Da'Ronne Jenkins charges ahead in Saturday's game against North Central. The Bears lost at home, 34-15.

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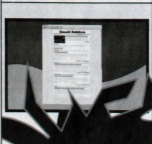
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STAFF EDITORIAL

BRIAN SOTAK | EDITORIAL CARTOON

The doctor is now in

Last year Student Health Services expanded its physical exam staff. This year it should expand its staff. Though Wash. U. has attempted to improve its Student Health Services through upgrading its facilities, Health Services still falls short of adequately fulfilling student needs. For example, it is virtually impossible for students who wake up feeling ill to make same-day appointments.

Due to student willingness to use Student Health Services for regular, less urgent medical care, students who find themselves victims of viruses or other sudden sickness, but not in a state of emergency, find themselves locked out of appointments. Wash. U.'s success in providing students traditional medical services should translate into success in providing immediate relief or at least diagnosis for sick students, which is arguably the most important type of health care to have accessible on campus.

Students have a right to demand easily accessible health services because Wash. U. has mandated that students pay a significant sum of \$660.00 for health maintenance. This money, used partially to maintain a health services facility, should ensure students at least have the bare minimum sick day care that one could reasonably expect from an outside clinic.

The fact of the matter is that while a significant proportion of students use health services for its psychological counseling and other routine health care checks, the only benefit most students ever expect to see from Health Services is the insurance that if they're sick they'll be able to get to someone on cam-

pus who can analyze their symptoms. That expectation is currently not being met.

The problem does not seem to be one of efficiency, as Student Health Services' online appointment scheduling and informative website make it easy for students to determine who they need and for what problem and what type of appointment they should schedule. Setting aside a larger number of spaces for same day appointments does not seem to do enough because time slots for other medical care services like seeing the nutritionist or getting immunizations are already limited. Further limitation would allow even fewer appointment options to students already pressed by scheduling demands, potentially making it impossible for a significant number of students to use those services.

Instead, Student Health Services simply needs to hire more doctors. According to the Feb. 8, 2006 edition of Student Life, moving Student Health Services from Umrath Hall to Dardick House added 1,600 square feet of space. Though Health Services has used the extra room to perform small operations like giving students stitches, it should also devote some of this space to setting up areas where students can walk in and receive medical care.

For a university with one of the best medical schools in the country, finding and hiring a few more doctors to look at ear infections should be no large difficulty and taking this action would provide a needed improvement to campus health care. There is no reason why sick students, who have essentially paid for the service, should not have easy access to doctors.

PORTRAIT OF A WASH. U. STUDENT

FROM THE PARENT'S PERSPECTIVE
in light of the news item it costs around
\$50,000 a year to go here



Respect yourself, protect yourself

BY ALANA BURMAN
STAFF COLUMNIST

After all the years we've been waiting, we now have a vaccine that protects against a virus that can lead to many types of cancers. That's right, a vaccine for cancer. It may even be better than a cure. People should be dancing in the streets, but not everyone is. Surprisingly, many are actually strongly opposed to this treatment because HPV, the virus in question, is a sexually transmitted one and the forces against premarital sex are also against anything to make it safer. With this unnecessary controversy over what should become a routine and required medical practice, the issue of hesitation is not about the characteristics of the treatment; it is one of sexual politics and control over our girls. In the polarized state of this nation it often seems that when asked to choose between sex and death, the right wing nearly always chooses death as a threat and a

consequence.

This vaccine could save the lives of millions over the years. According to the Center for Disease Control, by age 50, at least 80 percent of women will have acquired genital HPV infection, about 10,500 of these women will develop invasive cervical cancer and about 4,000 women will die from this disease annually. Men may also contract cancer from this virus, and while those numbers are far smaller, they should not be forgotten. Yet, for some, the concept of a painful death later in life is not nearly as outrageous/acceptable/inciting response/frightening as the prospect of young girls experimenting with sex now.

Leslie Uhrur, of the National Abstinence Clearinghouse even goes so far as to say, "I personally object to vaccinating children against a disease that is 100 percent preventable with proper sexual behavior."

This is the grand argument against a vaccine to prevent cancer? That with "proper sexual

behavior," the virus is entirely preventable? Who even has the right to decide universal proper sexual behavior? The short answer: no one. Much to the dismay of many Conservatives, besides the necessity of consent, there isn't a "proper" sexual behavior.

The fact that sexual choices are up to the individual is part of the beauty of human sexuality. In young girls who take an active approach to controlling their own sexuality, there is an element of empowerment, and as a culture we should be celebrating sex and making it less shameful and frightening and more safe and enjoyable for all. Making sex safe does not increase promiscuity; teens have no problem engaging in sex now, when the act is one of the most dangerous acts one can participate in. Using death as a scare tactic to keep teen girls from experimentation and the natural search for pleasure is irresponsible and cruel. The price to pay for the ideal of chastity is far too high. We shouldn't be

punishing our girls for their sexual behavior at all, let alone 40 years down the road when this cancer could develop and they could die.

Enough is enough. It is time to rise above the petty political detour and let it save lives. But this part of the process requires more than just being informed, it mandates action. Student Health Services now carries the vaccine; make an appointment and go get the shots. Call home and make sure your sisters, cousins and nieces are being vaccinated. Write to politicians and lobbyists about lowering the costs so that lower-income women have the same opportunities to protect themselves. We now have the ability to begin to put a stop to the destruction that cancer causes so let's jump at the chance.

Alana is a sophomore in the college of Arts & Sciences. She can be reached at aburman@wustl.edu.

LETTERS TO THE EDITOR

University has no right to levy a health tax

Dear Editor:

This is in response to the letter to the Editor published on Sept. 6, 2006 ("Two more views on student health insurance," Associate Dean Nancy Pope). She and I have had e-mail correspondence, but I want to address one aspect of her letter that expresses the general sentiment of the administration; as a parent, it is of great concern.

She states, "...the best decision for the entire student community on the Danforth Campus is to have adequate health insurance for all students. About \$660 per year seems to me a very small price to pay for the peace of mind that comes from knowing no student is attending here without any medical insurance." This statement is similar to others I have encountered within the administration.

I pay taxes with many entities - my local schools, the city and state I live and work in, and the Federal government, to name a few. They are all public entities that have to balance the needs of residents, rich and poor alike. Private institutions' finances are based on supply and demand - fee paid for value rendered.

According to Webster's New Collegiate Dictionary, a tax is, "a charge, usually of money imposed by authority upon persons or property for public purposes; a sum levied on members of an organization to defray expenses." Unless I am mistaken, Washington University is not a government, and cannot levy a tax on its students - \$500 of the \$660 (for the health insurance piece) is indeed a tax, and the University is out of line by levying it.

The University is well within its right to demand proof of

health insurance coverage, and even have an incremental fee to manage the health services facility; most health schools have that in place. However, forcing parents to pay a \$500 health tax, subsidizing those students who do not have coverage, creates a Robin Hood effect and is a right the University does not have as a private institution. It is unlikely that my family (or many others) will ever receive any value for this \$500 health tax the University imposes as a "call to arms" for students to protect a piece of your financial future, by minimizing University i.e., bureaucratic waste. Health care costs nationally are out of control, and issues such

as this are part of the reason. It's time to fix the system - take a stand!

-Rick Friedman
Wash. U. Parent, 2009

Clarifying clubbing

Dear Editor:

In response to Wednesday's letter from concerning my article on Monday, I would like to say the following. Firstly, Benoit, thank you very much for reading my article. I'm so glad that you liked it. It's always great to hear from fans of my work. However, I feel that you might have slightly misunderstood a few of the key points I presented, and so I would like to slightly correct your understanding of my column, so that, your delight in reading may be

exponentially increased. You're welcome.

To begin with, I'm not quite sure where you received the notion that I have the "degrading presumption that women go out to dance to please men." This could not be further from the truth. As I stated in my article, and as you in fact quoted in your letter, "Chicks want dancing." In my far-reaching evaluation of the situation, following my Dane Cook quote, I positioned it then as women go out to please women. And furthermore, you were mistaken when you stated that I reduce a woman's value to her looks. As I said in my article, the primary reason I deplore chaos is because there is no possibility for conversation, and I value intriguing conversation above all else in any relationship, be it long term or simply for the night.

As for why I did not include

gay and transgender people in my deep, 600-word analysis of gender roles on the club floor, the reason stems from an assumption I am making of the worth of one's sexual preference - and I make none. Rather, I am speaking about heterosexuality because I am a heterosexual, and that is what I am familiar with. Asking me to write thoroughly on homosexuality could be likened to asking an English major to guest lecture on Differential Equations. I hope that this has furthered your understanding of my article. In the future, I would encourage you to not make assumptions yourself as to the character of the writer of a semi-convoluted opinion piece about clubbing. Thanks for writing in!

Tom Butcher
Class of 2010

YOUR VOICE: LETTERS AND GUEST COLUMNISTS

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Health Beat

Mean greens: when spinach goes bad

And the vegetarians thought they were safe. Apparently, they couldn't have been more wrong. The recent outbreak of E. coli in bagged spinach has sent a panic through the student body. Bon Appetit and the country's supermarkets. Outbreaks of E. coli contamination have been traced back to bagged spinach from Natural Selection Foods, based in San Juan Bautista, Calif. The company has recalled the spinach and has motivated other distributors to pull their bags of fresh spinach from the shelves, too.

Produce companies, supermarket chains and

Mom and Pop grocery stores alike are releasing warnings to customers about the dangers of consuming fresh spinach. Health officials have warned that neither washing nor cooking the spinach is enough protection from E. coli, so they have banned it altogether until it becomes safe to eat again. So what does this mean for students on campus?

For starters, the salad bars in the Food Court in Mallinckrodt, The Village Cafe and Bear's Den are looking awfully bare without a full supply of spinach. Kathy Carmody, the General Manager of Bon Appetit on campus, said that, "The

salad bars have been affected the greatest." She noted that as soon as Bon Appetit learned about the infected spinach, they removed all menu items containing fresh spinach. "They were, however, able to keep the recipes that called for frozen spinach in rotation because frozen spinach is okay to use."

What has this change meant for the customer?

How are students handling the news? "I was at Subway the other day and the girl in line next to me asked for

spinach on her sub. The Subway workers went into a sort of frenzy and confusedly asked her why she hadn't heard that the spinach was contaminated with E. coli."

Brooke Genkin

more Jenna Rolnick. "Then they politely explained, 'we can't serve spinach anymore... at least not for a while.'"

I received a similar explanation when I asked the Bear's Den salad chefs for a spinach salad earlier this week. I rarely ask for spinach salads, so it wasn't a big disappointment. For some

students, however, the absence of spinach on campus has significantly altered their eating habits. Hannah Murphy-Jack eats spinach salads all the time, so this spinach scare has definitely changed her normal eating routine.

"I understand it's necessary for health reasons," she said, "but my salads are definitely not the same."

Still, religious salad eaters like Hannah are still flocking to the salad bars at Mallinckrodt, filling their bowls with romaine lettuce instead.

There has been a decrease, however, in the amount of casual salad eaters choosing to eat from the

salad bar. People who occasionally visited the salad stations are now straying away and heading toward the pasta line or sandwich/ wrap line, avoiding greens. This, of course, is not necessary since other greens are perfectly fine to eat.

When can we expect the spinach to return to campus?

"The [health] mandates have been to discard all fresh spinach and discontinue use until further notice," explained Carmody. So, we can expect spinach to reappear in dishes on campus when Bon Appetit gets approval from health officials. Until then, stick to the romaine and wait it out.

romance 101

Dangerous comparisons: the ex vs. the new

We are constantly making comparisons in the college world. Does this TA or that TA lead a better review session? Is it worth going to Holmes for the atmosphere or is it better to stay in Mallinckrodt for the workshops? Which will be more fun: the suite party or the fraternity party? It seems only natural that making comparisons would also be central to college romance.

When comparisons make their way into romance, they always seem to lead back to the same benchmark: the ex. Why is it that even months after the breakup, the ex is still lingering around and influencing decisions for your next romance? No matter if you are interested in a new person or you are the new interest, an ex will likely be

a part of the development of a new romance. After efforts to erase the ex from memory, why do they keep popping into our heads and why do we feel the need to compare?

Ex vs. Them. You meet a new guy in your discussion section and after flirting for a few weeks he asks if you maybe want to hang out this weekend. When you tell your friends, they say, "Oh yeah, Dave. Is that the Dave that dated Caroline?" Your mind immediately goes into overdrive as you try to remember everything you've heard about this Caroline chick and sneak into your room to check out her Facebook profile, hoping that she's not the really hot Caroline you've seen around campus. What drives us into this bout of insanity?

We compare ourselves to exes for many reasons: the

desire to be better than them, the understanding of the new interest's past (and what your future could be with him or her) and as a guide for what he/she is looking for in a person. But before you start freaking out that the Facebook picture is indeed the hot Caroline, remember that there is some reason why your new interest is not with that person anymore. Don't use his ex to judge him. Put the ex in the past where she belongs and get ready for a relationship that involves just two people.

The Best vs. The New. If you're the one considering going for it with a new interest, don't let your exes get in the way. Many of us have the "perfect ex," the one we never really could let go. Ev-

ery time you meet someone new, you wonder if the new person could ever be as good as what you had with the "perfect ex." If you keep this attitude, you'll never know. It's time to let go of that ex and start something new. Maybe soon you'll find yourself thinking just how perfect your new girl is for you. Unless you want to start things up with your ex again, leave her out of your relationships.

The Worst vs. The New. This situation is trickier because it's the nightmare ex that keeps showing up in your dreams of a happy start with your new interest. If you find yourself noticing the same traits in your new interest that made you want to scream with your

ex, slow down and assess the situation. Are you picking another person who is wrong for you or are you unfairly comparing the new one to the disastrous one because you're so paranoid about being hurt again?

If the new person really is your ex's shadow, you might want to think about expanding your interests. But if you are just still reeling from the bad ex, calm down and give the new interest a chance, because not every relationship will be a nightmare. It's unfair to both you and your new interest to let the ex take up permanent residence in your romantic world. It's time to evict the bad experience and let the

prospect of something better move in.

Though making comparisons is, to a certain extent, irresistible and inevitable, make sure the comparisons are not the determining factors in your decisions. The start of a new relationship definitely involves many considerations, but try to center them around just you and the other person.

The ex is just that, something that used to be. It's time to leave the ex in the past and embrace a future with the new. If you can do that, soon the comparison you'll be making will be between restaurants for your anniversary dinner. *—Jenna Rolnick*

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Stepping Out

Cha Yoon

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BY MARGOT DANKNER AND
ALEXA NATHANSON
SCENE STAFF WRITERS

What restaurant has the best sushi in St. Louis? We went out to find the answer to this burning question three long years ago, embarking on a quest to find the impeccably seasoned rice with smooth pieces of fresh fish that we so craved.

In vain we went from restaurant to restaurant with sky-high prices and sea creatures that should have been consumed days earlier, discovering places that were only fair and too costly for most students to frequent on any sort of regular basis. And then we found Cha Yoon.

Wary of our search and cynical that we'd ever truly find a gem of a sushi establishment in this city, we sat down at Cha Yoon not expecting much. Cha Yoon is a tiny rehouse in the Central West End with a modest menu consisting only of sushi and a small number of Japanese appetizers, all for a very reasonable price. While the majority of the patrons sit outside during the summer at sleek metal tables set out on the sidewalk, the

inside is quite cozy with dim lighting and soft orange cushions on the booth seats. The restaurant as a whole has a very casual, laid back feel and it seemed that many people were there just to enjoy a beer and some sushi while reading the paper or getting some work done.

Cha Yoon serves a selection of sashimi, slices of raw fish served without rice, nigiri, which is essentially slices of sashimi on top of little balls of rice with a smear of wasabi; and maki sushi, more commonly known as sushi rolls.

The restaurant separates their maki sushi into four categories: medium, thin, thick and specialty rolls. The medium, thick and thin rolls are all around five dollars and the medium and thin rolls include a whopping eight pieces of sushi compared to the standard six served at most Japanese restaurants.

While these low prices and large quantities were the first things that stood out as we looked at the menu, the creativity and unusual ingredients of the rolls was perhaps more striking upon further perusal.

Mango, a fruit much

more likely to be served in a dessert than in sushi, is a frequently used filling at Cha Yoon for rolls like the Mango Yellowtail roll or the Cha Yoon roll, which contains shrimp, eel, masago (tiny red flying fish eggs—they're tasty, we promise), mango and avocado. Also of note is the use of real crabmeat in the sushi as opposed to the standard imitation crab that is ubiquitous at most sushi joints in popular maki, such as California rolls.

On the night that we visited, we were stepping out with a large group of friends. Fortunately, this enabled us to sample a wide variety of Cha Yoon's appetizers and unique roll combinations. To start, we ordered edamame, the ever-present green boiled soy beans traditionally eaten as a bar snack with beer in Japan, which at Cha Yoon were served with a small bowl of salt for dipping the pods. We all agreed that this made the beans too salty, and that it was better to take some of the salt from the bowl and sprinkle it over the edamame instead.

The miso soup was perfectly done, not too salty and with a good ratio of broth to seaweed and tofu, and the



MARGOT DANKNER / STUDENT LIFE

Cha Yoon offers yummy, affordable food that any sushi-loving college student could appreciate.

seaweed salad was superb. It was served in a sort of sesame oil dressing that complemented the sea greens well.

While the appetizers were all standouts, Cha Yoon truly shows St. Louis how it's done with their sushi rolls.

Of course, we had to try the Mango Yellowtail roll. We had never tried a combination of fruit and sushi together, but Cha Yoon knew what they were doing and the roll was the surprise hit of the night. As one of the medium rolls, it was also the cheapest and the best deal of the evening.

Another great deal was

the Spicy Hamachi roll, which had yellowtail, avocado and a spicy sauce drizzled on top. The Red Dragon roll, another favorite, had shrimp and asparagus with a deep scarlet coating of spicy tuna over the rice. The delicious and slightly crunchy roll was beautifully presented with sprouts serving as the dragon's horns. While this was one of the specialty rolls and a bit more expensive, it was well worth the price for the generous size and quality of the roll.

The least unique maki sushi that we ordered was the Rainbow roll, which is commonly found at most

sushi restaurants. It has a combination of different fish, which included shrimp, salmon, tuna and yellowtail placed on top and a center filled with avocado and crabmeat. While the presentation wasn't quite as dramatic as some of the other rolls, the freshness of the fish stood out to make this roll better than most Rainbow rolls we've tried.

By the end of the meal, we knew we had come to the end of our three-year-long quest. Not only does Cha Yoon have the best sushi in St. Louis, it is also the easiest on your wallet. Finally, the gem we've been searching for.

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THE CAREER CENTER



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Sudoku By Michael Mepharm

9								5
5				8			6	
7			2					8
2				6	9			
5	3			2			6	
	4	3				5		
4				2			7	
7	1				3			
1			3		2			

Level: **1** 2 3 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk.

Solution to Friday's puzzle

7	3	9	2	6	1	8	5	4
1	5	8	3	7	4	6	2	9
6	4	2	8	9	5	7	3	1
9	8	6	4	2	3	5	1	7
2	1	5	7	8	9	3	4	6
4	7	3	1	5	6	9	8	2
8	6	1	5	4	7	2	9	3
3	2	7	9	1	8	4	6	5
5	9	4	6	3	2	1	7	8

Sudoku on Mobile. Enter 738585 on your mobile Web browser. Get a free game! Some extra charges may apply. ©2005/06

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Crossword

ACROSS

- Bestselling baby lady
- Pinnacle
- Donations to the poor
- Bow of film
- Magician
- Henning
- Front of the call
- Of an arm bone
- Fender flaw
- "Peter Pan"
- Pooch
- River barrier
- Smoothies out the rough spots
- Homes
- Torment
- perpetually
- Ms. McEntire
- Tent stake
- Long narrative poems
- "Kodachrome" singer
- Actress Linda
- Warbie
- Options list
- Engage in delaying tactics
- Esau's twin
- Depositor
- Actor Grant
- Kennedy assassin
- Tablelands
- Was born in
- Final degree
- Pisa's river
- Bow element
- Loos or Louise
- Opulent
- Loosen up
- Did modeling
- Toward open waters
- Snow ride
- Way in
- Off-white color
- TV's Mr. Grant
- City in Tibet
- Less
- Breaks
- Green legume
- Did cronies
- Scout's job, in brief
- Network of "Nature"
- Tug
- 29 O'Neill and Sullivan
- Gentle caress
- Talk to God
- Be ill
- Reflection
- Naturalist philosopher
- Lennon's love
- Crux
- Talks toothily
- French pronoun
- Stick out
- Showy showman
- Spirals
- Scarlett's last name
- Rani's wraps
- Cringe
- Waikiki
- Greeting
- Ordinary writing
- Ran at an easy pace
- Absolute
- Sheltered from the sun
- Newborn horse
- Mimic
- Persona grata

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SCENE

What to do

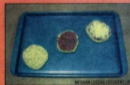
WHEN COLLEGE FOOD GETS OLD

Quick 'n easy campus cuisine: recipes to spice up any meal plan

BY MEGHAN LUECKE
SCENE STAFF WRITER

College food gets old, even Washington University's acclaimed campus food. You only have so much Bear's Den, and even Center Court loses its allure after you've tried every wacky salad concoction and entrée combo possible. (I've tried a lot; my favorite mix-o-match dessert is a cup of coffee with a good-sized dollop of vanilla frozen yogurt.)

For those of us who have a low budget and limited transportation, here are some recipes you can whip up in a dorm kitchen (or even your room) with ingredients from campus grocery stores.



English Muffin Pizza

This will beat the BD pizza any day and works for a quick snack or a meal. You'll find all the ingredients at Bear Mart and the Village.

Ingredients:

- 1 package English Muffins
- 1 package shredded cheese—sharp cheddar is great, parmesan is the best
- 1 package string cheese
- 1 jar salsa or pasta sauce—I recommend Prego's Traditional Pasta Sauce
- 1 tomato—if Bear Mart is out, ask at BD; sliced or chopped tomatoes are fine
- Optional Toppings:**
- Bell pepper slices, a sprinkle of feta cheese, olives (ask for these at the Bear's Den salad bar), ham

slices (at Bear Mart) or anything else you can find!

Preparation:

Extremely simple. First, preheat your dorm's oven by setting it at its highest temperature (if the oven has a "broil" option, use that). If you have a toaster oven, no preheating will be necessary. Split English muffins. Spread with a layer of sauce. If using salsa, scoop the chunks out with a fork and place these on the pizza. Do not pour salsa directly onto the pizza; the English muffins will get soggy. If using pasta sauce, follow with a thin slice of tomato or a sprinkling of chopped tomato bits. Now for my favorite part: peel the string cheese into the thinnest strings possible, and layer these onto your pizzas. Next, sprinkle the cheddar or parmesan cheese. Finish with whichever toppings you choose.

Place pizzas on an oven-safe dish or a sheet of foil and slide into the oven. Cook 5 to 10 minutes. Wait for the cheese to melt and begin toasting (this is when the cheese starts to get golden-brown on the top or around the edges). Make sure to check them frequently so they don't burn.

When they're done, let them cool for a minute or two before eating. Cut into quarters if you're serving them as a snack for friends, and arrange quarters on a plate.

Ziploc Omelet

(Recipe courtesy of Jaclyn Allen)

For this recipe, all you need is a Ziploc bag, some basic ingredients and a microwave.

Ingredients:

- 2 eggs—Bear Mart does not sell eggs, but you can request eggs at Bear's Den
- Cheese of any kind—available at Bear Mart

Your favorite omelet additions: chopped onion, ham, tomato (all at Bear Mart), spinach or olives (at Bear's Den), etc.

Preparation:

Crack no more than two eggs into a large Ziploc bag. Add other ingredients. If adding cheese, make sure to chop it into cubes smaller than dice or use shredded cheese; otherwise, it won't melt. Shake Ziploc bag to mix ingredients well. Squeeze all air out of the bag and seal tightly. Place upright—so that the zipper is on top—in a microwave. Cook for 45 seconds and test firmness. Most microwaves will not finish cooking an omelet this quickly, but microwave strengths vary, so be sure to check. Continue to cook in 30-second segments until the omelet is firm and the eggs are well cooked. Yes, this requires some vigilance, but who wants an over or undercooked omelet?

Slide omelet out onto a plate when it's fully cooked and eat while it's hot.

Ingredients:

- 2 eggs
- 1 cup water
- Ham (sandwich meat is fine)
- English Muffins
- Sauce Ingredients:**
- ¼ cup butter
- ¼ cup light cream
- 2 egg yolks
- 1 tsp. lemon juice
- pinch salt

Preparation:

Place water in a large microwave-safe dish—preferably something flat, with a good amount of surface area. Bring water to a boil; approximately 2 minutes in the microwave. Crack two eggs and drop into the boiling water. Make sure to do this quickly, while the water is still very hot. Immediately place back in the microwave and cook 1-2 minutes, or until the eggs solidify and turn completely white. Remove eggs from water and set aside. Separate English muffins and place a slice of ham on each half. Set aside.

Begin sauce preparation: melt butter thoroughly, then add cream, then lemon juice, then salt, then egg yolks, and beat

(by hand or with machine) until smooth. Cook sauce 1 minute, removing every 15 seconds to heat well. For the last 30 seconds, place the English muffins with ham in the microwave as well. Finally, place eggs on top and pour over sauce. Serve hot!

Crustless Spinach Quiche

Note: You may want to wait for FDA approval on this one. For this recipe, you'll need to use the oven and a pie tin or casserole dish.

Ingredients:

- ¼ package of frozen spinach or two large BD salad bowls full of fresh spinach
- 2 tablespoons cream cheese
- 1 tablespoon milk or cream
- 2 eggs
- Onion powder or minced onions
- Pepper
- Grated parmesan or cheddar cheese

Preparation:

Preheat oven to 450°. Cook spinach in microwave for 3 minutes if frozen. If fresh, boil 1 cup water and place spinach into it until wilted. Drain and set aside in a medium sized mixing bowl (a large BD salad bowl works perfectly). Mix in cream cheese, milk, eggs and seasonings and stir up thoroughly with a fork.

Grease pie tin or casserole dish with butter or a half teaspoon of oil. Pour in spinach mix. Sprinkle generous amount of cheese in the middle, leaving the edges cheese-free so you can see when it's cooked.

Bake in oven for about 20 minutes, or until the edges turn brown and the center is firm to the touch. Wiggle the pie tin to make sure the center isn't soupy. Slice like a pie and serve hot.

Eggs Benedict



The Wisconsin cure for the common cold

BY WHITNEY JOHNSON
SCENE STAFF WRITER

Winners in Wisconsin: the cure? Soup—especially chicken tortilla soup.

Ok, so I'm definitely not in Wisconsin anymore, and it's definitely not winter in St. Louis yet, but the cold days will come. And whenever I get that chill-in-the-bones feeling, I get a craving for soup, but not just any soup—homemade chicken tortilla soup (for those who don't enjoy cooking, don't stop reading).

Considering I don't have a car here on campus and I don't necessarily keep stocked up on all the different herbs and spices that my mom's tortilla soup requires, I made a few necessary changes to make life a little bit easier here at school. So easy, in fact, that it only takes three steps—Bear's Den, Bear Mart and the kitchen (well, four if you count the cozy common room couch where the ceremonial eating takes place)—and a bowl and spoon.

Just about anyone on a college campus could make this one—the creation process and flavors are all up to you. Take this as the starting point and run with it. The recipe listed is just for one, but it can be made for any number of people. Grab as many cans of soup as you need, have everybody grab their own dish of veggies and you're set for a dinner gathering.

Chicken Tortilla Soup

Ingredients:

- 1 can of tomato soup
- Cooked chicken—My favorite for this soup is the fajita chicken from the Bear's Den Taqueria, but the shredded chicken and grilled chicken work too. Just ask for about the same amount you'd get in a quesadilla—but without the quesadilla. If you do go for the shredded or grilled chicken, heat it in your microwave for a minute before adding it to the soup.

Rice—ask for a side of rice with your chicken.

Salsa and guacamole—Optional, but they add a little extra spice.

Veggies—ask for a small salad of whatever veggies you prefer from the salad station (I suggest roasted corn, peppers, sliced tomatoes and beans) and check the Taqueria for black olives and jalapeños.

Tabasco sauce—You can get this right along with your salad.

Tortilla chips, crumbled

Salt and pepper

Preparation:

Dump the can of tomato soup into your bowl. Add chicken, rice, salsa, veggies and Tabasco sauce (no taste to the bowl. Heat in the microwave to desired temperature (recommended on the soup can). Add salt and pepper to taste. Top with cheese, guacamole and crumbled tortilla chips.

Enjoy with a glass of milk or water to kill the burn of too much Tabasco sauce and too many jalapeños (I speak from experience) and feel the warmth.

Quick snacks and delectable desserts

BY LANA GOLDSMITH AND REBECCA NOTHBERG
SCENE STAFF WRITERS

Schedules can get busy and you may not have time to whip up an entire meal before heading off to class or that study session. But, for a quick fix or a late night sweet tooth fulfillment, stock your dorm with a few edible necessities (available at on-campus eateries) and try some of these snacks.

Liz's Noodle Soup

Ingredients:

- Canned chicken broth
- Easy Mac noodles
- Express Brown Rice
- frozen vegetables

Preparation:

Microwave frozen vegetables (sist package and heat for 5 minutes), microwave brown rice (3 minutes), microwave Easy Mac noodles (don't add cheese), microwave chicken broth (30 seconds). Add all ingredients together in one bowl. Enjoy.

Time: about 10 minutes.

With cheese, guacamole and crumbled tortilla chips.

Oreo Pudding Delight

Ingredients:

- Oreos
- 2 cups cold milk
- 1 pkg. 14-serving size JELL-O Vanilla Flavor Instant Pudding & Pie Filling
- ¾ cup thawed COOL WHIP Whipped Topping, divided

Preparation:

Crush the Oreos into small pieces and place aside. Pour milk into bowl. Add dry pudding mix; beat with whisk for 2 minutes or until well blended. Stir in crushed cookies. Gently stir in 1/2 cup of the whipped cream. Spoon into dessert bowls. Top with remaining whipped cream and extra cookie pieces.

Cake Batter Sundae

Ingredients:

- ice cream
- regular flavor instant oatmeal
- banana
- Hershey's chocolate syrup
- whipped cream
- sugar cone

Preparation:

Mix together cake batter (substitute water for eggs), stir cake batter into ice cream, add one chopped-up banana, desired amount of Hershey's syrup and whipped cream. Eat out of a cup

or put some on a sugar cone from Bear Mart.

Time: 10 minutes

Healthy Tip: Substitute frozen yogurt for ice cream.

Ants on a Log

(a favorite from our preschool days)

Ingredients:

- stuffed cleaned celery
- peanut butter
- raisins

Preparation:

Cut celery into 5 inch slices, spread desired amount of peanut butter and the center is firm to the touch. Wiggle the pie tin to make sure the center isn't soupy. Slice like a pie and serve hot.

Oatmeal Oasis

Ingredients:

- regular flavor instant oatmeal
- raisins
- bananas
- cinnamon and sugar

Preparation:

Pour instant oatmeal into bowl, add water (or milk if desired), add sugar, microwave for 1-2 minutes. Remove and sprinkle a handful of raisins. Slice in one banana. Eat.

Time: 2 minutes